Recreation, Athletics, and Home Safety

A. Background

Sad Facts

- About 2,500 military members accidentally killed or injured participating in recreation, athletics, and home activities each year
- Causes additional losses in productivity
- Recreational mishaps second only to motor vehicle mishaps as leading cause of death

By the Numbers

- Drowning is number 1 cause of death
  - About 20 each year
- Overexertion & falls second & third leading causes of death
- Team sports produce more dispensary visits & hospitalization than any other recreational activity
- Alcohol is a contributing factor

Causes of Mishaps

- Almost always human error, including
  - Lack of knowledge
  - Inattention
  - Distraction
  - Intentional violation of safety practices
- Awareness training necessary to overcome deficiencies

B. The Navy Recreation, Athletics, and Home Safety Program

Program Policy

- Found in OPNAVINST 5100.25
  - Implements Navy policy ashore and afloat
- Program applies to
  - All military on- or off-base
  - Military dependents on government property & while off-base at command-sponsored events
  - On-duty civilian personnel during command-sponsored events on or off-base, or while on TAD orders

Command Responsibilities

- Must implement the program
- Must designate a command program manager--in writing
- Must inspect & evaluate recreational facilities and equipment annually
  - Includes shipboard gyms, workout and weight lifting areas, and game rooms
  - Ships with enough athletic equipment to check out, must have procedures checked for safety

Personal Protective Equipment

- Must be provided by the command for recreational & athletic activities
  - Safety equipment provided with athletic gear
  - Sight and hearing protection for hobbies, auto work, recreational shooting & archery
  - Flotation devices for boating & canoeing
  - Reflective clothing for bicycling & jogging

Training

- Hazard awareness and safety training conducted to ensure individuals aware of Hazards
  - PPE requirements
  - Procedures for protecting themselves in recreation, athletics and home environment

Training

- Should be seasonally and geographically appropriate
- Offered just prior to or during risk periods
- Required quarterly
- Training records maintained for two years

Training Information Sources

- Local fire departments
- Poison control centers
- Recreational services centers
- Naval Safety Center

Accomplishing Training

- Through Plan-of-the-day (POD) notes
- Posters
- Stand-up lectures
- Athletic team training
- Videotapes

C. Training Topics

Training Topics

- The following topics should be covered each year

Recreation

- Bicycling
- Water sports
- Firearms
- Jogging
- Physical fitness
- Substance abuse

Athletics

- Basketball
- Football
- Racquetball
- Softball
- Substance abuse

Note: Basketball is responsible for the mos lost time of any sport !!

Home Safety

- Child safety
- Electrical safety
- Fire safety
- Poison prevention
- Slips and falls
- Substance abuse

Source of Information

The Naval Safety Center has distributed the recreation, athletics, and home safety (RAHS) resource manual. This manual has a variety of topic-specific training aids, bulletins, and fact sheets, which can be used to develop training lectures on any of the previously listed topics

D. Reporting of Mishaps

Mishap Reports

- Addressed by OPNAVINST 5100.19 (series)
- Mishap investigated & reported when off-duty recreation, athletic, or home death or injury prevents Navy personnel from performing work for 5 days or more after 2400 on the day of injury

Mishap Reports

- Fatalities of military dependents occurring on government property, or in conjunction with command-sponsored events off government property
- Naval Safety Center gathers mishap data to help in accident and injury prevention

E. Recreational, Athletics, and Home Safety Precautions

Swimming

- Know how to swim!
- Don’t swim alone
- Swim in lifeguard-designated areas
- Beware of cold water
- DO NOT drink and swim
- Unsure of the bottom?--DO NOT dive!!

Boating

- Take a safe boating course
- DO NOT drink and go boating
- All passengers should wear a personal floatation device (PFD)
- Leave a float plan with a friend
- Water ski safely--Don’t be a show-off!

Small Arms and Hunting Safety

- Take a hunter or basic firearms safety course
- Treat all firearms as if they are loaded
- NEVER point a firearm at another individual
- Separate firearms from ammunition while stored at h
- Wear blaze orange clothing du hunting season

Physical Fitness

- Don’t try to get back in shape too rapidly
- Exercise at LEAST 30 minutes per session, twice a week
- Allow 10-15 minutes for warm-up/down before and after routine
- Watch for heat stress
- Drink plenty of water before, during, and after exercise

Bicycling/Jogging

- If cycling, wear a helmet
- Wear light-colored, reflective clothing during low-visibility conditions
- Jog and ride on established jogging or biking paths
- Jog AGAINST traffic flow
- Cycle WITH traffic flow
- If using streets or roads--personal listening devices shall NOT be worn

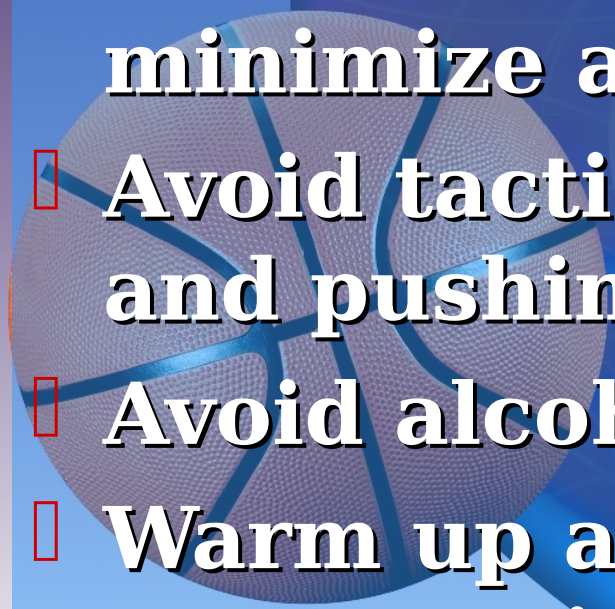
Softball

- AVOID alcohol consumption
- Communicate with teammates
- Consider establishing a no-slide rule
- Warm up adequately before commencing play

Touch/Flag Football

- Use shoulder block only--between waist and shoulder
- Treat fumbles as a dead ball--belongs to team last having possession
- Avoid alcohol consumption before, during, and after play
- Warm up adequately before commencing play

Basketball



- Wear the correct shoes to minimize ankle injuries
- Avoid tactics such as tripping and pushing
- Avoid alcohol consumption
- Warm up adequately before commencing play

F. Home Safety

Falls

- Be careful of walking on:
  - Small scatter rugs
  - Highly polished flooring
  - Wet flooring
- Don’t stand on a chair to extend reach
- Watch for torn/upturned carpet, dark stairways, and toys on stairs and in walkways--May cause tripping!

Fires

- Get a smoke detector & test it regularly
- Get a fire extinguisher--or two!
- DO NOT let children play with matches
- Don’t leave cooking unattended
- Conduct fire prevention check of home or apartment
- Have a plan of action & conduct a drill